



# HERITAGE

Merry Christmas, Happy Holidays!

Whatever your beliefs and however you celebrate with family and friends, all of us the Lowell Senior Center wish you a happy, healthy celebration!

Please come celebrate with us on the following days:

Thursday, December 3rd from 3pm-6pm-(Snow Date 12/4/15 @ 3-6pm) City of Lowell-Mayor Elliot and Manager Murphy's Holiday Open House at City Hall-375 Merrimack St., Lowell, MA. Each department will be hosting & decorating a space in City Hall. The Senior Center & the Veteran's Dept. will be hosting the Mayor's Reception Room. Please visit for some goodies, singing by COA Chorus, voting for best hosted and best decorated departments, and lots of socialization and holiday cheer! I would like to thank volunteer, Carol Lannan for all her hard work in decorating talents.

Friday, December 11th at 9am-Monthly Veteran's Breakfast. The COA will be welcoming some special guests; the VFW Ladies Auxiliary Post 662, Mr. & Mrs. Joseph Dussault and a visit from Santa.

Friday, December 18th-Christmas Dinner Dance with entertainment by DJ Ray Tremblay, 50/50, door prizes, visit by Santa, dancing & more-&7.00 per ticket

Monday, December 21st-First day of winter! We will be serving Hot Cocoa and goodies all day! We will also be playing my all-time favorite Christmas movie, "National Lampoon's Christmas Vacation" at 12 noon.

Thursday, December 24th from 11am-1pm—Christmas

Eve Holiday Buffett-\$3.00 per ticket. DJ David Garnick

Thursday, December 31st from 11am-1pm—New Year's Eve Holiday Lunch (soup, sandwich's, & salad) \$3.00 per ticket. DJ Ray Tremblay. We will be ringing in the New Year

## Inside

- 2 Contacts
- 3 Day & Overnight Trips
- 6 Doctor's, Nurse's & More!
- 10 Calendar Events
- 12 Lunch Menu
- 14 Puzzles and more

at 12 noon! Bring your party hats, whistles and dancing shoes!

SAVE THE DATE-Monday, December 21st from 9am-3pm—Dana Farber Blood Drive will be held outside the senior center on a blood drive vehicle.

The Lowell senior center would like to thank the following people & organizations:

VFW Ladies Auxiliary Post 662, Mr. & Mrs. Joseph Dussault for everything they do for our Veterans at the monthly breakfast.

The Hellenic American Academy and the VFW Post 662 Honor Guard for their beautiful patriotic performance held on Nov. 13th for our Veteran's in honor of Veteran's Day 11/11

2015 Graduates and staff from CTI's Youth-build, for all of their help throughout the year at the monthly dinner dances and Veteran's breakfast. We are very proud of all of you!

The City of Lowell Police Department and Hannaford Supermarket for the donated food items to our needy seniors.

The Pollard Memorial Library for the new computers in the library annex!

The City of Lowell Fire Dept. and Lt. Celine Pinet for volunteering to instruct the COA Staff and volunteers with CPR certification. Congratulations to the 13 people who received their certificates.

And a special thank you to all of our incredible volunteers at the senior center.

Please note if you are interested in donating holiday décor, door prizes or goodies for any of the holiday events, please see our Volunteer Coordinator, Eileen Golden or contact her at (978) 674-1173.

I wish all of our senior participants and readers a blessed holiday and a very safe winter season.

Stay warm, we are thinking of you.

Thank you,

*Michelle Ramalho*

The City of **LOWELL** *Alive. Unique. Inspiring.*

**CITY MANAGER**

Kevin J. Murphy

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**City Council****Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

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Corey A. Belanger

Edward J. Kennedy Jr.

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**

2nd Floor of the Senior  
Center in the administrative  
office area

**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho

978-674-1170 ~ mramalho@lowellma.gov

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**Receptionist:** Tara Donnelly

978-674-1171 ~ tdonnelly@lowellma.gov

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**Civic Events:** Linda Hin

978-674-1169 ~ Lhin@lowellma.gov

**Volunteers:** Sandra Breen 978-674-1176 ~

sbreen@lowellma.gov 978-674-1169 ~ Carol Lannan

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**Outreach Caseworker:** Amy Medina Leal

978-674-1167 ~ aleal@lowellma.gov

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**Volunteer Coordinator:** Eileen Golden

978-674-1173 ~ egolden@lowellma.com

Monday, Tues. &amp; Thurs. 8 am to 1 pm

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**Outreach Volunteers:**

John R. Lawlor ~ 978-674-1174 ~ Jlawlor@lowellma.gov

Monday-Friday ~ Appt. Hrs. 10 am - 3:40 pm

Carol Violette ~ 978-674-1168 ~ cviolette@lowellma.gov

Tuesday—Friday 10 am—2 pm ~ PICTURE IDs

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**Kitchen Staff—978-970-4132**

Virginia Valdez &amp; Karl Correa ~ weekdays

Chuck Kuenzler ~ weekends

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**S H I N E (Serving Health Insurance Needs for Elders)**

Joan Gong ~ 978-674-1172

First come, First served, Mondays — 8:30 to 10:30 am

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**Legal Services Assistance & Referrals**

For an appointment call: 978-458-1465

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**Pollard Library ~ 978-674-8634****COA Library Annex ~ 978-970-4186**

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**Lowell Senior Center Hours of Operation:**Monday—Friday: Open **6:30** am to **4:00** pm

Lunch served at 11:30 am

Saturday—Sunday: Open **7:00** am until **12** noon

Breakfast and Lunch ONLY

**COUNCIL ON AGING****BOARD OF DIRECTORS***Joan Bedford**Joyce Dastou**Andrew Hostetler**Eric Lamarche**John R. Lawlor**Sidney Liang**Vincenzo Milinazzo**Suellen O'Neill**William Sheehan, Chair*

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**Next meeting: Monday,  
January 11th at 9:00am**

**FRIENDS of the  
Lowell Council on Aging, INC.**

**BOARD OF DIRECTORS****PRESIDENT**

Rita M. Mercier

**VICE PRESIDENT**

Dr. Joseph M. Downes Jr.

**TREASURER**

Jacqueline Denison

**SECRETARY**

Claire Brodeur

**DIRECTORS**

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1172

**Next meeting  
January 29th @ 9:30 am**

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! All Trips must be paid in full one month prior to travel date. LCOA policy: NO REFUNDS if you do not purchase insurance. **The office is now open from 9 a.m. to 4 p.m.** Trip flyers available outside of 2nd floor office. Roger's Wednesday trips depart from the Ayotte Garage (no charge) unless noted otherwise.

## DAY TRIPS

**December 1, Tuesday ... A Christmas Carol @ Demetri's.** Cost \$70. Departs @ 9:15 am.

**December 3, Thursday ... Foxwoods Resort and Casino** (See flyer for ticket options)

**December 22, Tuesday ... The Radio City Christmas Spectacular.** Price: \$169.

**February 18, 2016 ... Thursday... Newport Play House "The Foursome."** Price: \$52. Rick, Ted, Donnie and Cameron are home for their 15th college reunion. During the weekend, the men go out for a game of golf, and it's during this game that the four get caught up on each other lives since their college days. "The Laughter was immediate, uncontrollable and constant helpless"--- Guelph Daily Mercury (All day & overnight trips for 2016 tickets will be on sale starting Friday January 1, 2016) Roger's Bus Departing from the Lowell Senior Center @ 9:30am

**March 5, Saturday ... "Old Town Trolley Boston Chocolate Tour."** Price: \$119. What do tollhouse cookies, hot fudge sundaes, and the first chocolate factory have in common? The Answer: They all started out in or near Boston. Join Old Town Trolley Tours for a flavorful afternoon as you sample chocolate creations from some of the finest culinary landmarks in Boston. It's a fully 3 hour narrated journey of decadent desserts, visits to the "Top of the Hub Restaurant", historic Omni Parker House Hotel and the Langham, Boston. Mel Tye's Top Tour & Travel, Departing from the Ayotte Garage. Pick up time will be Announced in next month January 2016 Heritage.

**March 10, Thursday ... "The Young Ireland."** Price: \$70. The young Irishmen comprise eight sensational performers who have Irish traditional music, song & dance running through their veins. What a great way to get in the spirit of St. Patrick Day. This includes a lunch with your choice of Corned Beef & Cabbage or Bake Scrod which also includes Venus De Milo's famous minestrone soup, vegetables, bread, dessert, coffee and tea. Roger's Bus Departing from the Lowell Senior Center & Pick up time will be Announced in next month January 2016 Heritage.

**March 18, Friday ... "Boston Flower Show."** Price: TBA. Join us for a spectacular day at the Boston flower Show. Well design landscapes rejuvenate by offering places to connect with nature and each other. Roger's Bus Departing from the Lowell Senior Center. Pick up time and price will be announced in next month January 2016 Heritage.

**April 5, Tuesday... Newport Play House "One Slight Hitch."** Price: \$65. It's Courtney's wedding day, and her mom, Delia is making sure that everything is perfect. The groom is perfect, the dress is perfect, and the decorations (assuming they arrive) will be perfect. Then, like in any good farce the doorbell rings. And all hell breaks loose. Roger's Bus Departing from the Lowell Senior Center @ 9:30 am.

**April 11, Monday... "Day Main Light House Trail."** Price: \$114. Our day begins with a visit to Stone Wall Kitchen for a sampling of their products. Next it on to the Nubble light, one of the most photographed light houses on the Maine Coast. For lunch we will feature a main lobster lunch. Then it is on to visit Portland Headlight and to see several lighthouses called Ram Island, Cape Elizabeth, Spring Point and many more. Mel Tye's Top Tour & Travel, Departing from the Ayotte Garage. Pick up time will be announced in next month Heritage.

**April 19, Tuesday ... "The Moulin Rouge."** Price: \$70. Welcome to PARIS, FRANCE!!! Have you ever wanted to experience the Moulin Rouge in Paris first hand? Here is your chance to see a great Parisian style show here in your own backyard. We proudly present to you to the critically acclaimed show "L'Opera Burlesque" and the best part is that its CLEAN entertainment (PG rating, no nudity) show will be held at Lantana's in Randolph Massachusetts. Roger's Bus Departing from the Lowell Senior Center and time will be announced in next month Heritage.

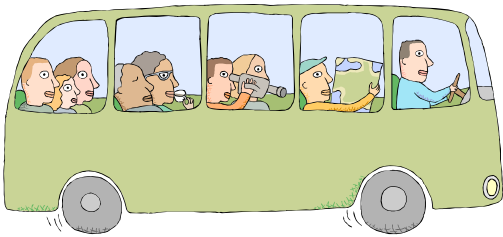
### **OVERNIGHT TRIPS**

**December 9-11, Wednesday—Friday ... The Christmas Show at the White Mountain Hotel.** The 3-day getaway to North Conway, NH includes: Yuletide Welcome Reception; 2 nights deluxe accommodations at the White Mountains Hotel & Resort; 5 meals (2 breakfasts, 1 luncheon, & 2 dinners); a guided sight-seeing tour of the Mt. Washington Valley; 3 different Christmas Shows; shopping in the tax-free outlets & specialty shops; special cocktail prices; round trip baggage handling; all room & meal taxes & gratuities; deluxe, lavatory-equipped, climate-controlled motor coach transportation; & a Christmas Gift. Cost: \$379 per person double, \$359 triple, & \$499 single.

**March 28-30, Monday-Wednesday ... "Atlantic City Overnight Trip."** Price: TBA. Join us for an escape to Atlantic City. Includes round trip motor coach transportation, 2 night stay at The Tropicana Resort, a \$30 slot play, two \$25 food credit and tax and baggage service. Mel Tye's Top Tour & Travel, Departing from the Ayotte Garage. Pick up time will be Announced in next month January 2016 Heritage.



Bob Paige accepts dozens of hats from Volunteer Coordinator Eileen Golden



### **December tickets on sale December 1st**

Monday ... 7th ... Ikea shopping & lunch  
 Thursday ... 10th ... Pheasant Lane Mall  
 Monday ... 14th ... Christmas Tree Shop in Nashua  
 Thursday ... 17th ... Super Wal-mart & Joey's Diner  
 Monday ... 21st ... Dollar Tree & Job Lots in Nashua  
 Tuesday ... 29th ... Christmas Tree Shop in Salem

Limit (4) four tickets per person per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

### **Roger's \$5.00 Trips**

*Ages 60 to 101.*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### **January tickets on sale December 30th**

Tuesday ... 5th ... Pheasant Lane Mall  
 Thursday ... 14th ... Vanity Fair Outlet & 99 Tuesday  
 Tuesday ... 19th ... Restaurant Super Walmart  
 Thursday ... 28th ... Manchester Mall

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

## **Social Security Answers** **Your Questions!**

Friday, December 11, 2015  
1:00 pm

with Social Security Specialist:  
Mary Katsirebas

## **Welcome to MassOptions**

If you're an elder, an individual with a disability, a family member, or a caregiver looking for services and supports in your community, you've come to the right place.

At MassOptions you can contact trained specialists based right here in Massachusetts or use an easy-to-navigate website to guide you through a simple process. You can start by taking a quick tour around the site. Explore the Finding Services and Supports pages to learn about the broad range of public services available in Massachusetts.

Our specialists give you fast, personalized attention. All you need to do is tell them about yourself or what you need to live independently. You can even stay on the line while they connect you with an appropriate community resource or agency, if your call is during regular business hours.

You can speak to a specialist at MassOptions, 7 days a week from 8am to 8pm, by phone toll-free at 1-844-422-6277.

## **LIFOD Home Health Care LLC**

Friday, December 4th  
11:30 am to 3:00 pm

Located in Lawrence MA. LIFOD is CHAP accredited, CMS Deemed and

BBB Accredited. It specializes in in-house care services. Services include assisting seniors and people recovering from illness or injury and individuals with physical disabilities with daily functions, medication and personal care. We currently have over eighty employees. The core team is made up of screened Health Care Professionals with over 45 years experience in the Home Health Care Field. Our skilled services include the following:

Skilled Nursing  
Physical Therapy  
Occupational Therapy  
Home Health Aides  
Medical Social Workers  
Speech and Language Pathologist  
Personal Care Attendants

*Elder Services  
wants you to know that  
the IRS NEVER CALLS  
FOR PAST DUE amounts  
or threatens to arrest you!  
It's a scam! HANG UP  
the phone!*

*Report it to your local  
Police!*

## **ASSURANCE HOMECARE**

### **Health and Wellness** **Informational Session**

Friday, December 11th  
10:30 AM to 3:00 PM

Representatives from Assurance Homecare will be hosting a health and wellness information session at our Senior Center on the 11th. This session will provide valuable information on health and wellness for seniors especially for the winter season. Assurance home will also give a presentation on "the ABC of homecare services". The

session will be informative, interactive with fun surprises. Please free to invite your friends and family members to this session. The Assurance Homecare staff will be available to answer all questions and queries, so please feel free to come prepared with questions.

*MA Department of Public  
Utilities (DPU) is warning  
customers/consumers about a phony  
"solar developer" scam:*

*The caller will appear to be  
from the MA DPU main telephone  
number (617-305-3500) on caller ID  
systems. The caller may inform you  
that you owe money to the DPU (or  
other entity) this is also a phone  
scam. You are advised not to provide  
the caller with any personal*

*information and  
immediately hang-up.*

*You are encouraged to  
report the scam to the  
DPU's Consumer Division  
at (617) 737-2836 or 1-  
877-886-5066 (toll free).*



A Ping Pong Tournament  
will be held on December  
8, 2016 in The Great Hall  
from 12- 2pm.



If you don't  
know how to  
play, instructor  
Val will be on  
site to teach  
you how to play.

All seniors are welcome.

Sign-up sheets will be  
available, Please see Linda  
at The Civic Department on  
the Second floor.



## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—12:00 pm

**Dr. Gregory McNamara—Killer**

**Feet**—1st Friday of every month

ONLY IF 5 or more people sign-up before the 1st Friday of that month.

1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-**

**Rehab**—Question and Answer

sessions every Wednesday from 10:00—11:00 am

**Affordable Hearing with**

**Christopher Streeter**—Hearing

Testing, Hearing Instrument Testing.

4th Wednesday of each Month from 9—11 am in Board Room. Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month, please call 1-978-758-5378.



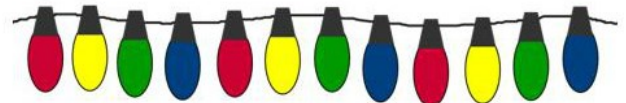
## SAVE THE DATE!!!

### City Hall

## HOLIDAY OPEN HOUSE

Mayor Rodney Elliott and Manager Kevin Murphy will once again host the City Hall Holiday Open House.

The Open House has been scheduled for Thursday, December 3, 2015 from 3-6pm with a snow date of Friday, December 4, 2015.



## Happy Holidays!

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*



## YOGA

with Diana Kyricos

Wednesdays 10-11 am  
\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)



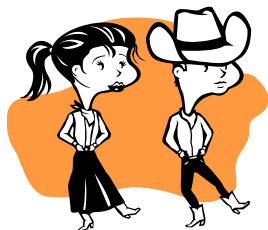
**Mah-Jong**

Mondays

12:00—3:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

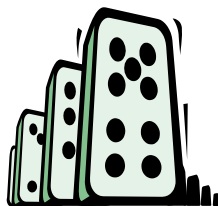
\$5.00

**Dominoes**If you are  
interested, please  
see Charlotte

Landry

Tuesdays

9:00—11:00 am

**Hawaiian Hula Dance Lessons**

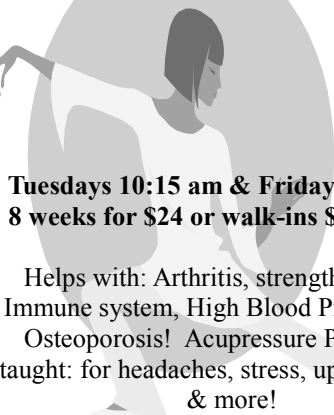
with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!

On Wednesday, November 18, the Lowell Police Association, and the Lowell Police Superior Officers Association partnered with Hannaford Supermarket to purchase and deliver 300 meals to needy families and senior citizens. The Hannaford Supermarket employees, along with Tracey Davis, Evening Operation Manager, and Gregg Stryer, Store Manager (Rogers Street location), helped organize this Food Drive and loaded the meal packages onto the trucks that delivered the meals to the Senior Citizen Center and four local elementary schools. This Food Meal Drive is part of our goal of Giving Back to the Community in Lowell.



Pictured from the left: Sgt. David Peaslee, LPSOA Treasurer; Capt. Kevin Sullivan, MPA President; Gregg Stryer, Store Manager; and from the right you have Lt. Barry Golner, LPSOA President; and Brian Keefe, LPA President.

**Quilting Lessons**Newcomers'  
welcome!Wednesdays  
12:30—3:00 pm**TAI CHI**Tuesdays 10:15 am & Fridays 10:00 am  
8 weeks for \$24 or walk-ins \$5 per class

Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis! Acupressure Points also taught: for headaches, stress, upset stomach & more!

**Knitting  
&  
Crochet  
Group**Tuesdays  
12:00—3:00 pmNewcomers'  
welcome!

## Help With Health Insurance

To help you navigate this crazy and frustrating but unavoidable world:

**ConsumerReport.org/healthcareinsurance.** How to pick your best plan and navigate the enrollment process.

**ConsumerUnion.org/insurancecomplaint-tool.** Where to turn in your state if you're having a problem with a medical bill.

**ConsumerReports.org/cro/Medicare.** From when and how to sign up, to what to look for in Medigap and Medicare advantage plans.

**GetCoveredAmerica.org.** A nonprofit campaign under Enroll America that provide support to consumers in all 50 states by partnering with local agencies and consumer service organizations to provide information and guidance on the enrollment process and applying for financial assistance.

**Healthcare.gov.** Federally supported website that directs consumers to the health insurance marketplace in their state and provides in the enrollments and deadlines and coverage options.

**Medicare.gov** The government official website for Medicare offer lots of useful, accessible information. Talk with a representative at 800-633-4227

**MedicareRights.org.** A nonprofit organizations that offers comprehensive advice in individual counseling. Or call 800-333-4114

**Shiptacenter.org.** The state health insurance assistant programs, federally funded programs that help Medicare beneficiaries with plan choices, billing problems, and more.

## Library News

The Samuel S. Pollard Library annual book sale received over \$2000 from book sales, bake sales, new memberships, and general donations. The proceeds will go directly into fully funding several of the library's more expensive museum passes.



"Thank you" very much to those of you who donated so many wonderful, gently-used books – it was a banner year for book donations! – as well as to those of you who volunteered so much time and good cheer sorting books and making this year's book sale successful.

As a reminder, the Lowell Senior Center hosts the Pollard Library Annex and the Computer Training Room for a variety of classes; from how to use a mouse to more advanced classes. Now that the new computers have been set up, hopefully, more options will be available. If you are interested in teaching some courses as a library volunteer please contact Susan Fougstedt at 978-970-4121.

## Card Making Class

First come, first served basis.  
RSVP to reserve your spot.  
See Tara.

Wednesday, November 18  
9:30 am



## YOGA for VETs

with Diana Kyricos  
Wednesday's  
11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

## B - I - N - G - O

Every Wednesday

12:00—3:00 pm

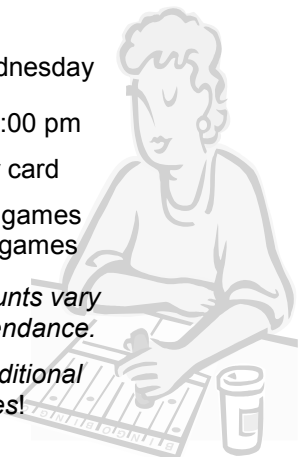
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary  
due to attendance.

PLUS additional  
prizes!





## **FRIENDS of Lowell Council on Aging**



Win an HP 15.5" Laptop (Windows 8.1 & 1 TB hard drive)  
To be raffled at the Christmas dinner dance Friday, December  
18, 2015—See: Tara, Claire or Ray  
Tickets are \$5 for 1 Chance or  
\$20.00 for 5 Chances



Win a 32" Color TV!



As a Thank You from "LCOA FRIENDS" on  
December 23rd 2015\* we will be giving a 32" TV to one of  
our lucky players. All you have to do is keep your  
attendance ticket. We will be keeping our half and on Dec  
23rd we will pick one lucky winner out of all the tickets that  
we collected.

Rules: Winner must be present with a current  
admission ticket. Tickets will be pulled until there is a  
winner. Winner will be given only one minute before the next ticket is pulled.  
\*If bingo is closed for any reason winner will be drawn at next Bingo.



2015 FLCOA expenses' through October 31, 2015

|                                      |             |
|--------------------------------------|-------------|
| Petty Cash (LCOA):                   | \$1,000.00  |
| Comcast:                             | \$53.15     |
| Bingo Supplies:                      | \$360.00    |
| New Freezer:                         | \$5,000.00  |
| Fish Tank Cleaning:                  | \$540.00    |
| Steve Sousa CPA:                     | \$2,187.50  |
| New Floor Brush and Buffer:          | \$1,277.98  |
| Kitchen Inspection:                  | \$2,154.01  |
| Postage:                             | \$1,220.00  |
| FLCOA Office Supplies:               | \$104.00    |
| AC Cue Billiards [ Redo Pool Tables] | \$2,940.00  |
| Raffle Permit                        | \$10.00     |
| Total:                               | \$16,846.64 |



Over \$6000.00 has been received in Memory of Audrey  
McMahon and her love of life and community giving. A portrait will be  
dedicated in her honor at the center. One thousand dollars has already been  
used for the purchase of supplies and yarn for all the hats for the hospital babies  
and nice warm gloves for all the young students trudging to school or just  
playing in the snow.

**FRIENDS OF LOWELL COUNCIL ON AGING**

**OPEN ENROLLMENT FOR MEMBERSHIP FOR 2016**

**MEMBERSHIPS BEING ACCEPTED STARTING DEC 01 2015**

**FOR THE YEAR OF 2016 MEMBERSHIP**

**YOU MUST RENEW TO CONTINUE RECEIVING NEWSLETTER**

**FOR 2016, \$5.00 FEE**

**SEE: CLAIRE OR RAY**

## **Anxiety Support Group**

with Steve Coupe

Fridays

2:00—3:45 pm



## **Fallon Senior Plan Open Enrollment**

Representatives from the Fallon's  
Senior Plan will be available to  
answer any questions that you may  
have about these plans.  
Whether you are a current member or  
someone needing coverage- stop by  
and learn more!



| MONDAY                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                                                                                                                                                                  |
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| <b>December</b><br><br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10:15-11 Tai Chi<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                    | 1.<br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10:15-11 Tai Chi<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                                                      | 2.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting      | 3.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B<br><b>3-6 pm City Hall Holiday Open House</b> (snow date: Friday) | 4.<br>7-9 Breakfast Program 50¢<br>9:30 Personal Computer/ Tablet Assistance<br>10:00 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br><b>11:30 Lifod Home Health</b><br>11:45 Wii Games<br>1-3 Senior Social \$1<br><b>DJ Joey B-Bop</b><br>2-3:45 Anxiety Support Group                                                   |
| 7.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 8.<br>7-9 Breakfast Program 50¢<br>8-10 Circle Health Blood Pressure<br>8:00 CTI meeting<br>NO Country Line Dancing<br>10-12 LPD drop-in<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br><b>12-2 NEW PING PONG</b><br>12-3:45 Cribbage<br>12-3 Knitting & Crochet | 9.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting      | 10.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B                                                                  | 11.<br>7-9 Breakfast Program 50¢<br>9:00 Veterans Breakfast<br>9:30 Personal Computer/ Tablet Assistance<br>10:00 Tai Chi<br><b>10:30 Assurance Healthcare</b><br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1<br><b>1:00 SSA Answers Your Questions!</b><br>2-3:45 Anxiety Support Group |
| 14.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>9:00 COA Board Meeting<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG                                 | 15.<br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10-12:30 Circle Health Blood Pressure<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage                                                                     | 16.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30 Card-making Class<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo | 17.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B                                                                  | 18.<br>7-9 Breakfast Program 50¢<br>9:00 Friends Meeting<br>9:30 Personal Computer/ Tablet Assistance<br>10:00 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>10-3 Dinner Dance \$7.00                                                                                                                 |

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| 1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B                                                                                                                                                                                                                                                                                                                                         | 12-3 Knitting & Crochet                                                                                                                                                                                                                                      | 1:30-3:30 Quilting                                                                                                                                                                                                                                         | DJ Ray Tremblay<br>2-3:45 Anxiety Support Group                                                          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| 21. First Day of Winter<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br><b>9-3 Dana Farber Cancer Blood Drive</b><br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12:00 Movie: Christmas Vacation, Cocoa & goodies.<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 22. 7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Brown Bag Pick Up<br>12-3 Knitting & Crochet | 23. 7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:00 Affordable Hearing<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting | 24. Christmas Eve<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br><b>11-1 Christmas Eve Buffet Party with DJ David Garnick</b><br>NO Cards: 45's & Whist<br>NO CTI Bone Builders B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                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| 28. 7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B                                                                                                                          | 29. 7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                                                         | 30. 7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting                            | 31. New Year's Eve<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br><b>11-1 Celebrate the New Year with Soup, Salad, Sandwiches &amp; Dancing</b><br><b>Dj Ray Tremblay</b><br>NO Cards: 45's & Whist<br>NO CTI Bone Builders B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    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**SPONSORS**



# Lunch Menu



**Lunch is served at 11:30 am. A donation of \$2.00. Menu subject to change.**

Lunch Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEA, Merrimack Valley Nutrition, & City of Lowell.

PLEASE SWIPE YOUR CARD & SIGN UP FOR LUNCH! See Tara if you need a card.

| Sunday                                                           | Monday                                                                          | Tuesday                                                             | Wednesday                                                     | Thursday                                                                     | Friday                                                               | Saturday                                                          |
|------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|
|                                                                  |                                                                                 | 1. Hot Dogs & Beans, rolls, coleslaw, mixed fruit                   | 2. Salisbury Steak, mashed potatoes, peas, wheat bread, pears | 3. Stuffed Peppers, corn, wheat roll, peaches                                | 4. Pollock, baked potatoes, waxed beans, wheat bread, juice, pudding | 5. Chicken Fritters, French fries, carrots, wheat bread, apricots |
| 6. Meatloaf, potatoes, peas, wheat bread, pineapples             | 7. Chicken Cacciatore, rice, carrots, wheat bread, apricots                     | 8. Mac & Cheese, stewed tomatoes, broccoli, juice, pudding          | 9. Chicken Legs, potatoes, brown beans, wheat bread, peaches  | 10. Stuffed shells, corn, wheat roll, juice, pudding                         | 11. Fish Cakes, potatoes, mixed veggies, wheat bread, apples         | 12. Pork Pie, rice, carrots, wheat roll, cake, juice              |
| 13. Roast Beef, potatoes, carrots, rye bread, apricots           | 14. Stuffed Cabbage, corn, wheat bread, oranges                                 | 15. Chicken Fajita Strips, rice, carrots, wheat bread, pineapples   | 16. BBQ Beef Ribs, potatoes, waxed beans, wheat bread, pears  | 17. Pork Chops, creole sauce, potatoes, mixed veggies, wheat bread, peaches. | 18. DINNER DANCE: Roast Beef                                         | 19. Hamburger Pattie, potatoes, peas, wheat bread, juice, pudding |
| 20. Roast Turkey, stuffing, peas, potatoes, wheat bread, peaches | 21. Shepard's Pie, beets, wheat bread, fresh fruit                              | 22. Stuffed Chicken, rice, waxed beans, wheat bread, juice, pudding | 23. Baked Ham,, sweet potatoes, peas, wheat bread, apricots   | 24. Christmas Eve: Buffet                                                    | 25. CLOSED                                                           | 26. CHEF'S CHOICE                                                 |
| 27. Roast Pork, potatoes, green beans, wheat bread, fruit salad  | 28. Liver (alternate-hamburger) & Onions, potatoes, corn, wheat bread, apricots | 29. Cheese Ravioli, waxed beans, wheat bread, pineapple             | 30. American Chop Suey, beets, garlic bread, fresh fruit      | 31. New Year's Eve Countdown: Soup, Salad & Sandwiches                       | 1. 2016<br><br>CLOSED                                                |                                                                   |

## Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You MUST call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

## Grocery Trips to Market Basket

Tuesdays and Fridays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Monday through Friday from 9:00 am to 3:00 pm to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.





Paul LaChance, JR  
speaks at the October  
Veteran's Breakfast.

## November Veteran's Breakfast



## Hellenic American Academy Grades K-4



Principal Ms.  
Vina M.  
Troianello

Barbara Gribb, from GRYZB, presents Director Michelle Ramalho with a proclamation from Governor Charles D. Baker in recognition of all that the Senior Center does for Veterans & POW-MIA's. There are nearly 88,000 Americans still missing from WWII, Korean War, Vietnam War, Cold War, 1991 Gulf War & Operation Iraqi Freedom, and their families, friends and other concerned Americans still must bear with uncertainty concerning their fate. There are 39 service men & women from Massachusetts still considered Missing in Action.



## Tufts Medicare Preferred Information Table

Check back for the next event!

Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

The HMO plan is a Five STAR PLAN with Medicare (one of only 12 in the Country). Open enrollment will be throughout the year.

## Personal Computer/ Tablet Assistance

with Pierre & Don

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday of the Month by appointment



## CTI Bone Builders Class

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

OPENINGS AVAILABLE!

See Calendar for dates & times

Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*

# PUZZLES & MORE...

I didn't like my beard at first. Then  
it grew on me.

Did you hear about the cross-eyed  
teacher who lost her job because  
she couldn't control her pupils?

When you get a bladder infection  
you know urine trouble.

Broken pencils are pretty much  
pointless.

What do you call a dinosaur with  
an extensive vocabulary? A  
thesaurus.

I dropped out of the Communism  
class because of lousy Marx.

All the toilets in New York 's police  
stations have been stolen.

As of now, it appears the police  
have nothing to go on.

I got a job at a bakery because I  
kneaded dough.

Velcro - what a rip off!

The fattest knight at King Arthur's  
round table was Sir Cumference.

He acquired his size from too much  
pi.

I thought I saw an eye-doctor on an  
Alaskan island, but it turned out to  
be an optical aleutian.

She was only a whiskey-maker, but  
he loved her still.



## Christmas Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| U | Z | F | H | R | U | D | O | L | P | H | P | U | H | U |
| N | U | V | A | Y | E | L | L | E | B | A | R | W | N | T |
| L | O | S | I | G | T | I | L | S | C | U | P | I | D | E |
| T | E | R | A | X | L | S | N | A | M | W | O | N | S | M |
| S | S | P | T | N | E | J | O | D | B | R | H | R | E | O |
| T | T | R | S | H | T | N | I | R | E | H | S | A | D | C |
| N | O | E | L | U | P | A | A | K | F | E | K | T | Y | H |
| Y | C | S | E | W | G | O | C | C | Z | X | R | S | E | T |
| B | K | E | D | R | R | A | L | L | Y | O | T | N | A |   |
| G | I | N | G | E | R | B | R | E | A | D | W | I | M | E |
| S | N | T | N | C | W | M | G | P | E | U | N | B | I | R |
| M | G | N | T | N | E | Z | T | I | L | B | S | A | H | W |
| K | O | U | D | A | N | C | E | R | F | U | S | A | C | K |
| D | N | P | R | R | C | H | R | I | S | T | M | A | S | A |
| L | A | A | G | P | E | A | C | E | A | Z | V | S | V | K |

BALL  
BELL  
BLITZEN  
CANDYCANE  
CHIMNEY  
CHRISTMAS  
COMET  
CUPID  
DANCER  
DASHER  
DONNER  
ELF

FROSTY  
GIFT  
GINGERBREAD  
NOEL  
NORTHPOLE  
NUTCRACKER  
PEACE  
PRANCER  
PRESENT  
REINDEER  
RUDOLPH  
SACK

SANTA CLAUS  
SLED  
SNOWMAN  
STAR  
STOCKING  
SUGARPLUMS  
TOY  
TREE  
VIXEN  
WORKSHOP  
WREATH

The Pool Room Players & Henry Cluff are  
looking for donation of 52 inch (preferably flat  
screen) TV to be utilized for viewing Worldwide  
tournaments and other training events.



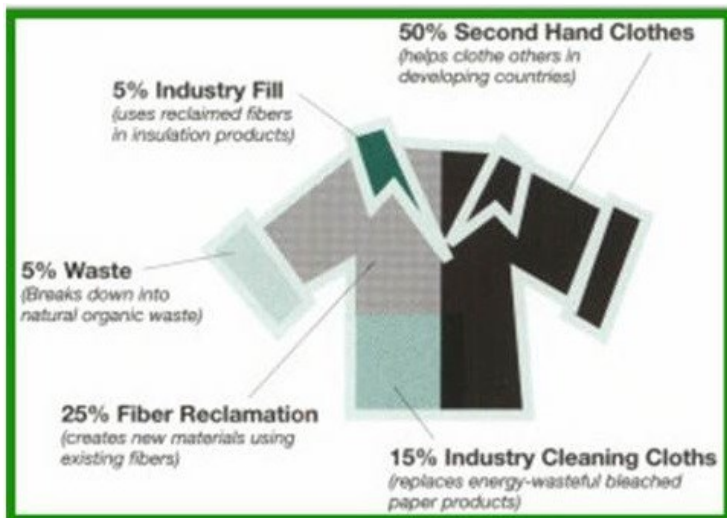
This year's topic is **TEXTILE** recovery!

**DON'T  
THROW  
THEM  
AWAY**



**Yes please**  
All Clothes  
Socks & Shoes  
Boots, Wellies & Slippers  
Hats, Scarves, Gloves  
Bed Linen, Blankets  
Sheets, Pillowcases  
Handbags & Belts  
Clean Underwear  
Curtains, Towels, Tea Towels  
Stuffed Toys

**No thank you**  
No Dirty or Oily Items  
Duvets, Quilts & Sleeping Bags  
Pillows  
Cushions  
Carpets



## why recycle textiles?

CLOTHING AND TEXTILE RECYCLING HAS MAJOR IMPACT ON REDUCING GREENHOUSE GASSES



**2 million tons**  
of textiles are recycled  
each year in the U.S.

That is equivalent to removing  
**1 MILLION CARS**  
from America's highways



### HOW DOES THIS COMPARE TO OTHER RECYCLABLES?



**GO  
FIGURE**

### DONATE, RECYCLE, DON'T THROW AWAY!

According to the EPA, textile recycling has a major impact on reducing greenhouse gasses. And yet ... clothing is not typically considered a recyclable. While 2 million tons are recycled each year, there is a long, long way to go!

Since July 1st, 37,760 pounds of (clean/dry) TEXTILES have been collected ...

... earning over \$1,888 in rebates for Lowell Public Schools!

**SMART** Since 1932

**SECONDARY MATERIALS<sup>®</sup>  
AND RECYCLED TEXTILES**

The Association of Wiping Materials, Used Clothing and Fiber Industries

Here are 50 thought-provoking quotes gathered from *Everyday Life Lessons* that will help tweak your thinking and set your mind free for 2016!

1. You are only destined to become one person – the person you decide to be.
2. Do good and feel good. Do bad and feel bad. It's that simple.
3. You are what you do today, not what you say you'll do tomorrow.
4. We all make choices, but in the end our choices make us.
5. Ultimately, it's not what you do every once in a while; it's what you dedicate yourself to on a regular basis that makes the difference.
6. Stay true to yourself. Never be ashamed of doing what feels right. Decide what you think is right and stick to it.
7. If you don't stand for anything, you will remain forever on your knees.
8. No amount of money will make you happy if you aren't happy with yourself.
9. You know you've made the right decision when there is peace in your heart.
10. Don't worry if your goals seem crazy to other people; oftentimes the crazy ideas are the ones that have the greatest impact.
11. If you're thinking like everyone else, then you aren't thinking. (Read *Thinking, Fast and Slow*.)
12. Control your own destiny or someone else will try for you.
13. Sometimes standing up to your friends can be just as difficult as standing up to your enemies.
14. The unhappiest people in this world are the people who care the most about what everyone else thinks.
15. When people undermine your dreams, predict your doom, or criticize you, remember, they're telling you their story, not yours.
16. There is a huge amount of freedom that comes to you when you take nothing personally.
17. No one in the world was ever you before, with your particular gifts and abilities and possibilities.
18. Your greatest task isn't to find love, but to discover and destroy all the barriers within yourself that you have built against it.
19. A loving, happy person lives in a loving, happy world. A hateful, miserable person lives in a hateful, miserable world. The world around you reflects YOU.
20. Worry gives small things a big shadow.
21. Focus your conscious mind on things you desire not things you fear. Doing so brings dreams to life.
22. It's not the mistakes and failures you have to worry about, it's the opportunities you miss when you don't even try that hurt the most.
23. It is better to offer no excuse than a bad one over and over again.
24. To get something you've never had, you must do something you've never done.
25. The harder thing to do and the right thing to do are usually the same thing.
26. Our problems are really our blessings if we use them to grow stronger. (Read *1,000 Little Things Happy, Successful People Do Differently*.)
27. Anyone can run away; it's super easy. Facing problems and working through them, that's what makes you strong.
28. When you have two good options, always go with the one that scares you the most, because that's the one that's going to help you grow.
29. Courage is being scared to death, and then taking the next step anyway.
30. Sometimes our greatest insight comes from our failure, not from our accomplishments.
31. You need to screw up to learn. You need to experience it all to create greatness.
32. Just because you don't understand something now doesn't mean the explanation doesn't exist.
33. Not knowing everything about your future is a good thing.
34. Don't worry about what you can't control and you may liberate yourself.
35. People of average ability often achieve outstanding success because they don't know when to quit. Most people succeed simply because they are determined to.
36. Temporary happiness isn't worth long-term pain.
37. Patience can be bitter, but the seeds you plant now will bear sweet fruit.
38. The less you expect, the more pleasant life gets.
39. The more you are in a state of gratitude, the more you will attract things to be grateful for.
40. The things you take for granted, someone else is praying for.
41. It usually isn't what you have or where you are or what you're doing that makes you happy. It's how you think about it all.
42. Do not dwell so much on creating your perfect life that you forget to live.
43. You are not in competition with anybody except yourself; plan to outdo your past not other people.
44. To admit that you were wrong is to declare that you are wiser now than you were before.
45. Humans see what they want to see.
46. If you spend too much time judging yourself, you won't have any time to love yourself or anyone else. (Read *The Mastery of Love*.)
47. At the end of the day, you can either focus on what's tearing you apart or what's holding you together.
48. Look through the front windshield and not the rearview mirror.
49. You don't get to choose how you are going to die, or when. But you can choose how you are going to live, right now.
50. Be done with regrets; they are an excuse for people who have failed. You still have a chance.



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